A933

OWNER'S MANUAL

ASSEMBLY INSTRUCTIONS

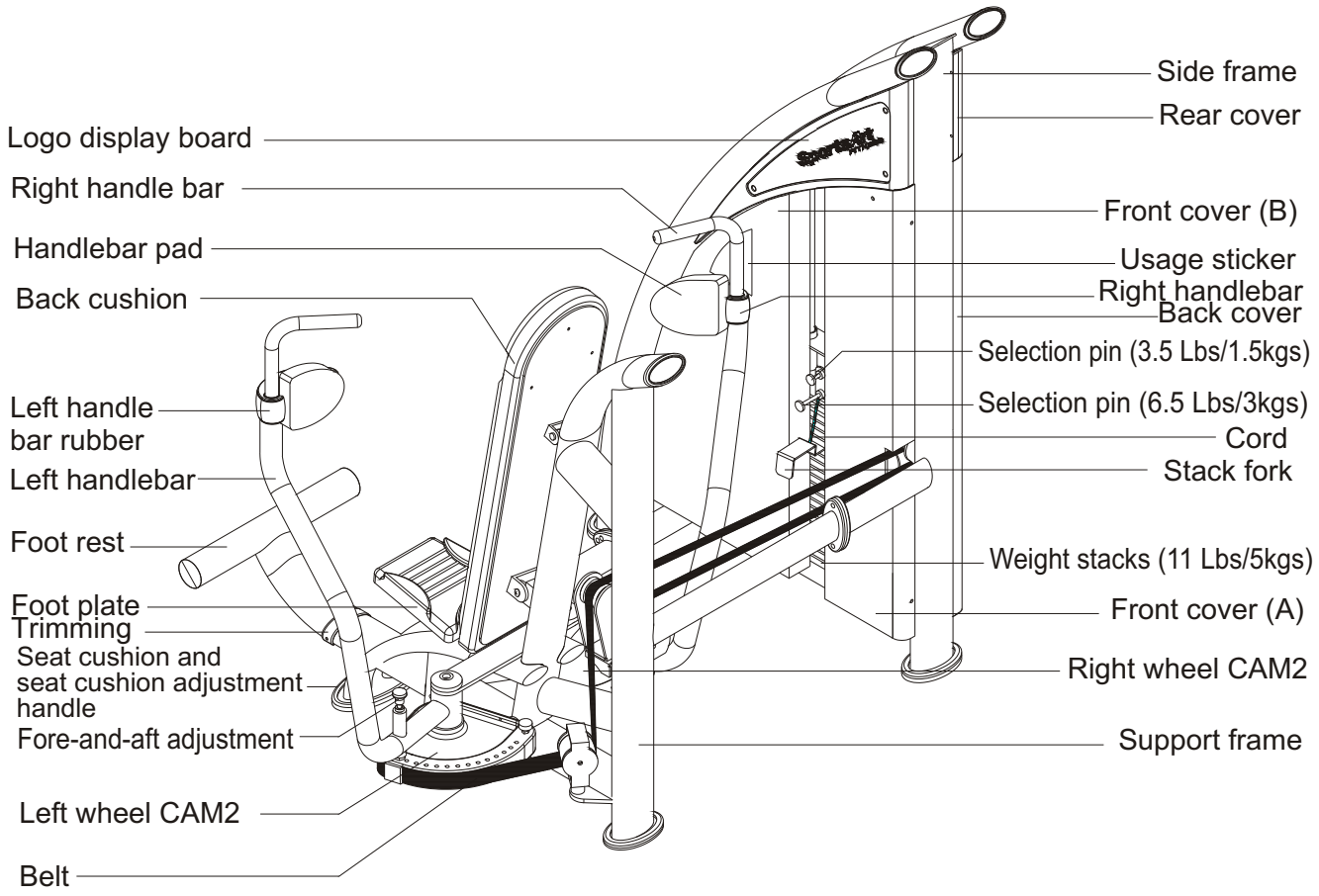
PEC DECK

SportsArt FITNESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. One double-end open wrench, 17mm x 23mm
2. One double-end open wrench, 8mm x 17mm
3. Three hex socket raised head bolts, M8 x L20 for Foot Rest
4. Three flat washers, D17 x d8.3 x t2 for Foot Rest
5. One hex key wrench, M6
6. One hex key wrench, M5
7. User's manual
8. One Trimming for foot rest
9. Two M6 x L10 bolts for foot rest

D. STEP BY STEP INSTRUCTION:

1. Assemble foot rest and support frame by tightening the screws provided (item 3,4 as listed in parts list). (See Fig. 1)

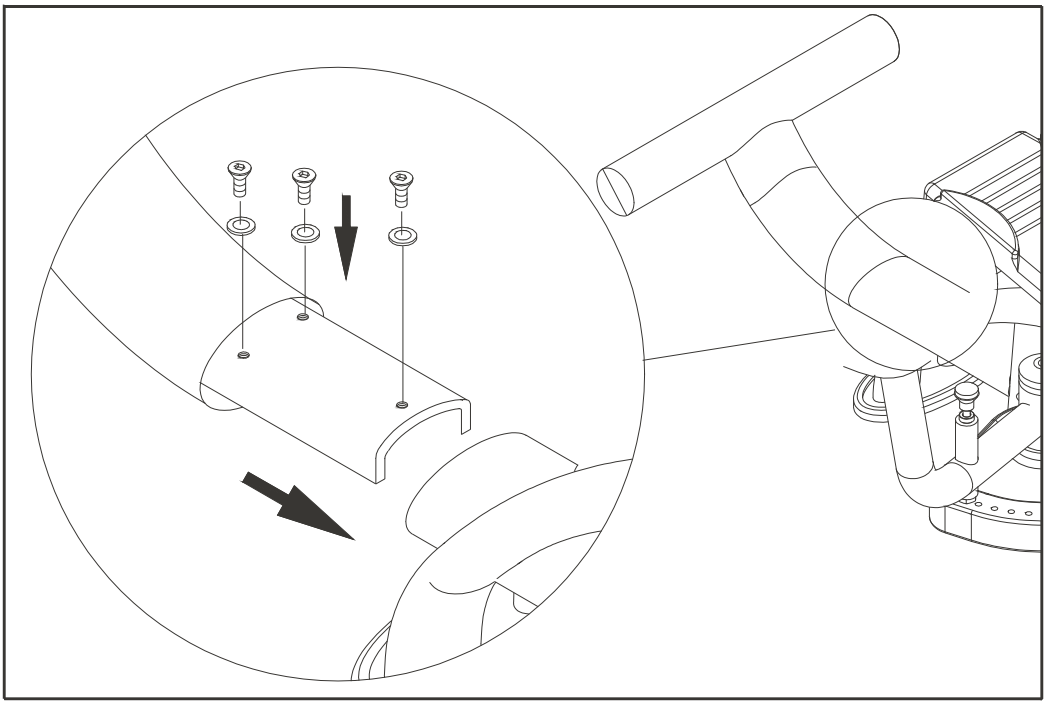


Fig.1

2. Secure the trimming with screws provided (item 10). (See Fig.2)

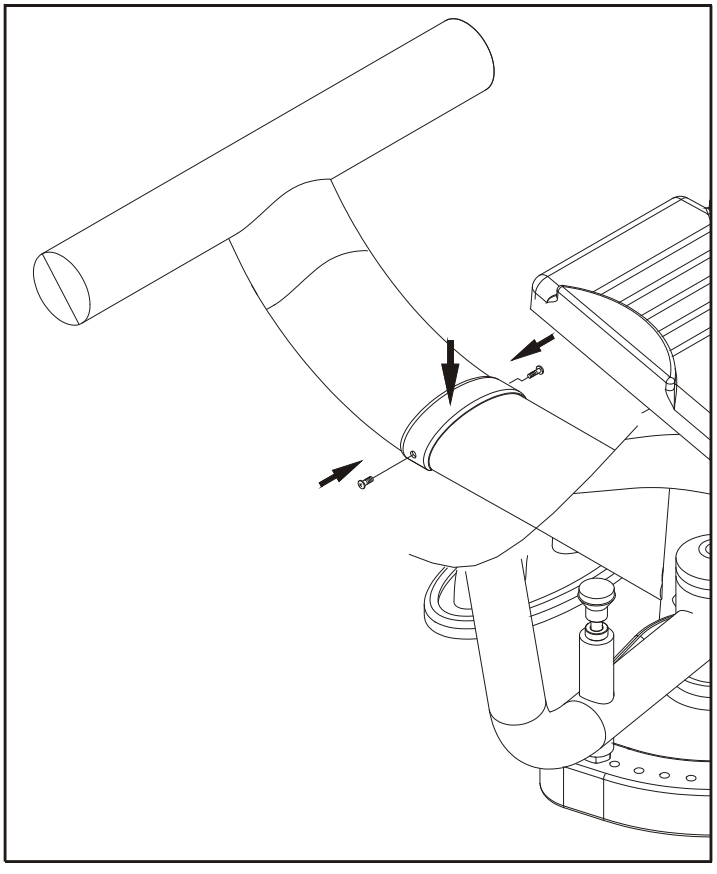


Fig.2

E. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.

2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 3)

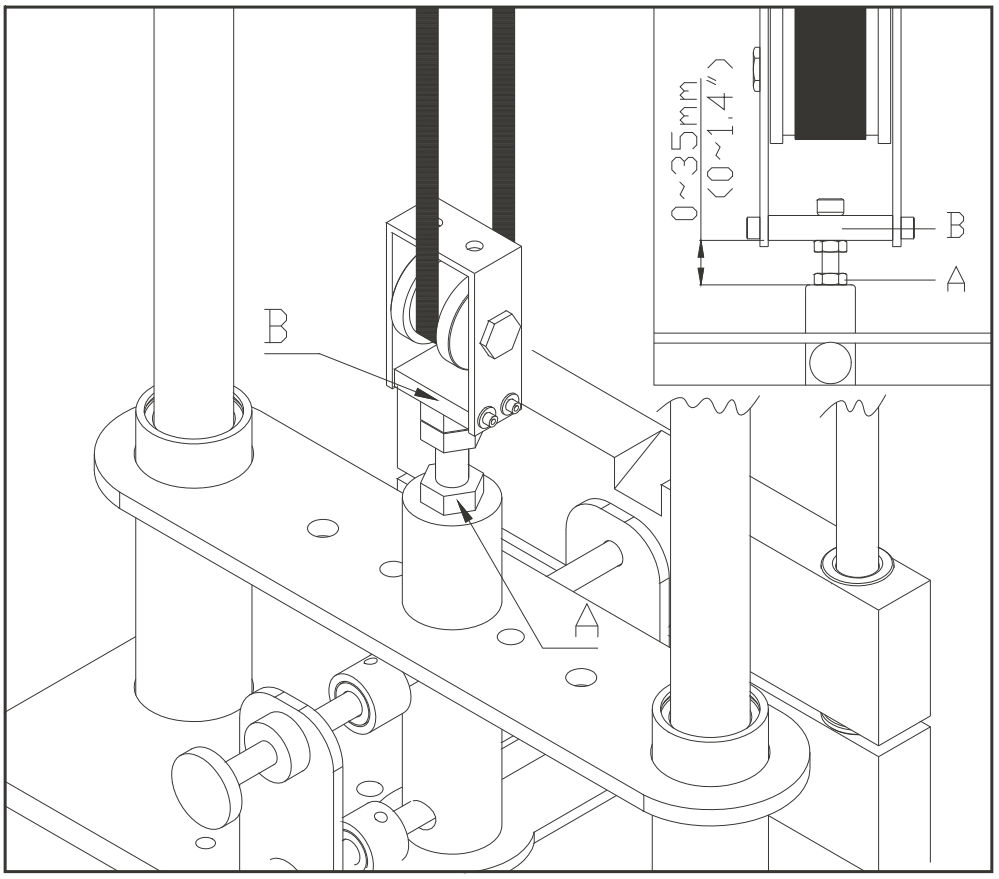


Fig.3

F. HOW TO USE THE MINOR WEIGHT STACK

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.

2. Pull the pin to release the weight. (See Fig. 4)

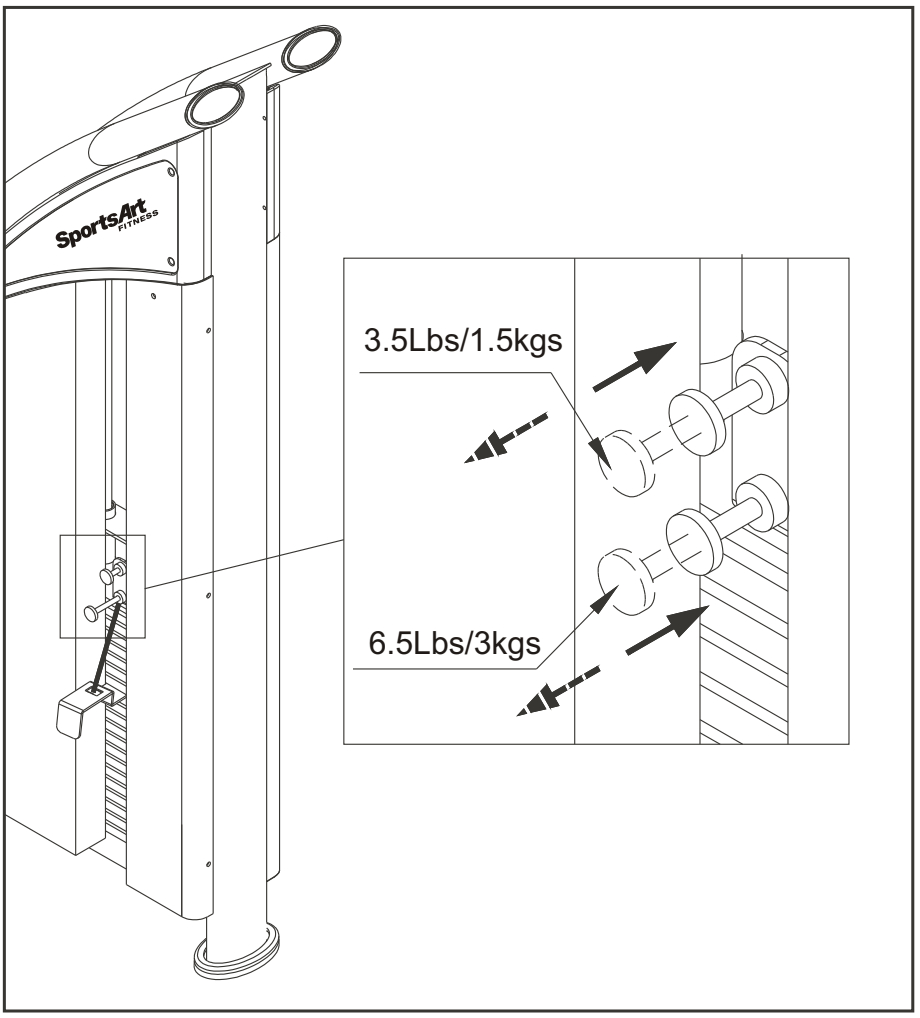


Fig.4

G. HOW TO USE THE MINOR WEIGHT STACK

1. As shown in Diagram A, pull up the fore-and-aft adjustment pin and find the appropriate handle bar position. Push back the fore-and-aft adjustment to pin secure the adjustment. (See Fig. 5)

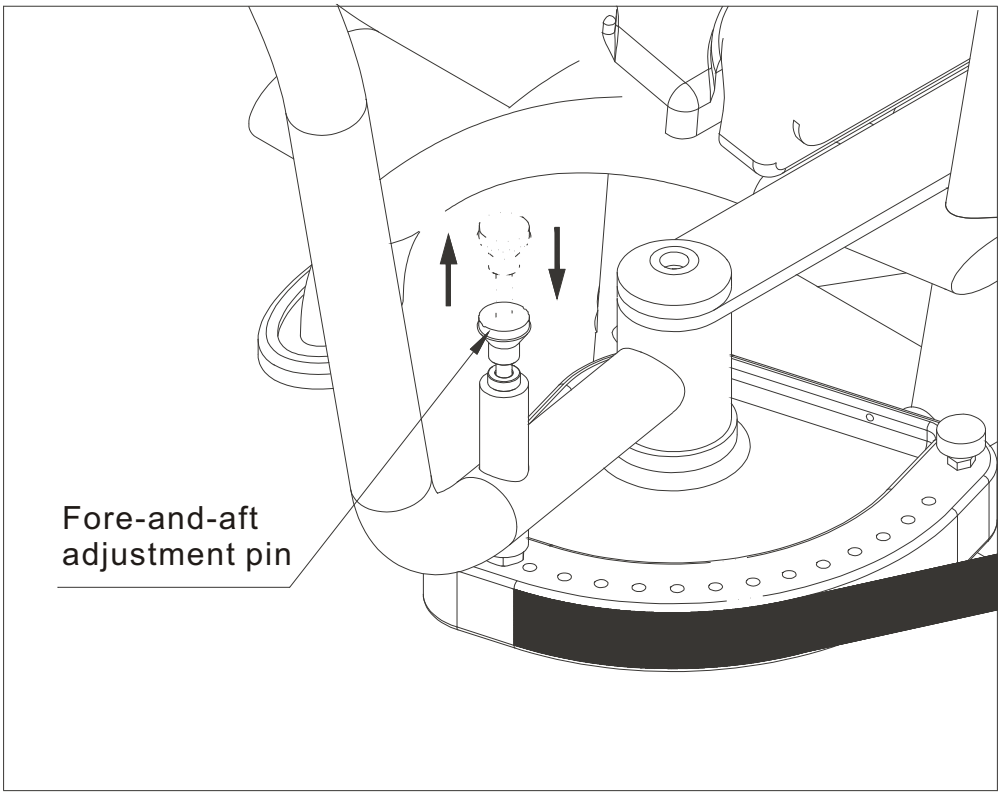


Fig.5

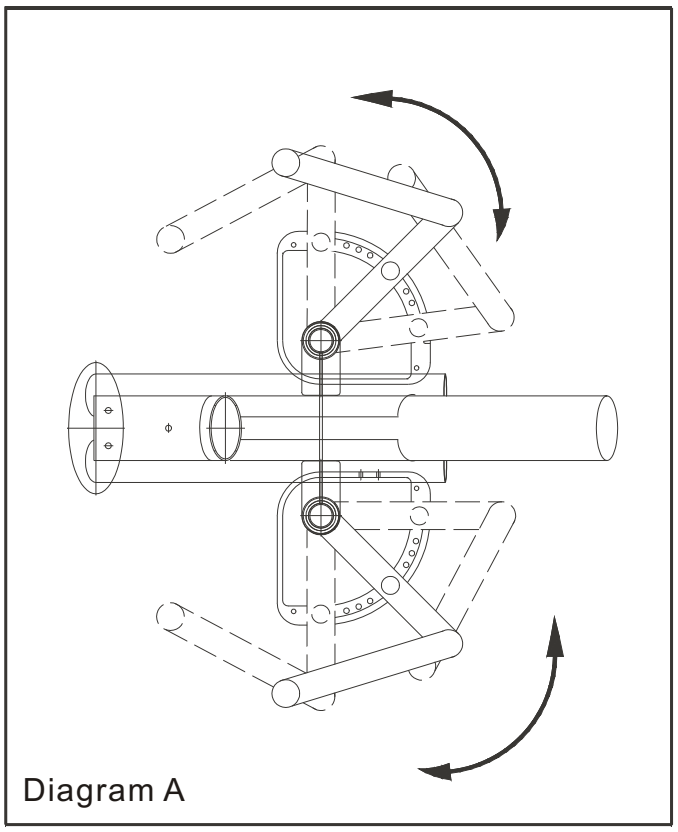


Diagram A

H. SEAT BACK ADJUSTMENT

1. More the back cushion adjustment handle to the left or right as shown in Fig.5 to adjust the back cushion. Release the handle to secure the back cushion.

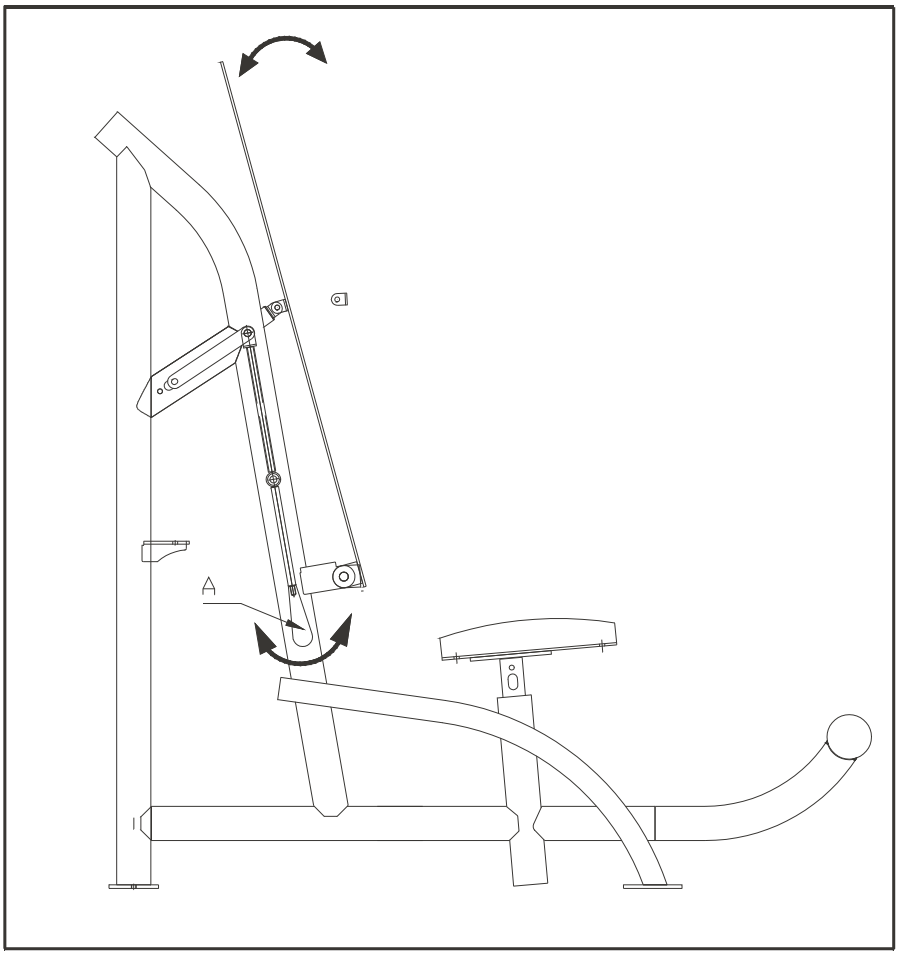
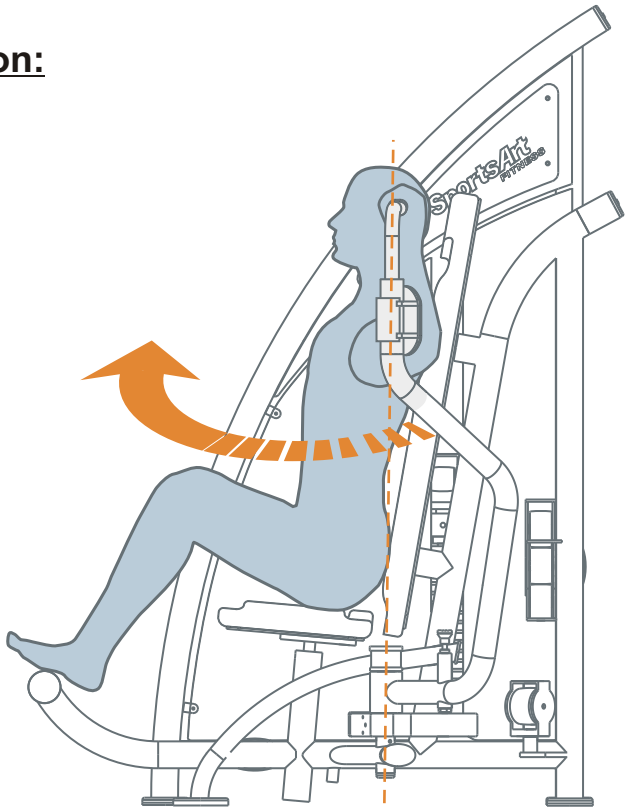


Fig.6

Usage Instruction:



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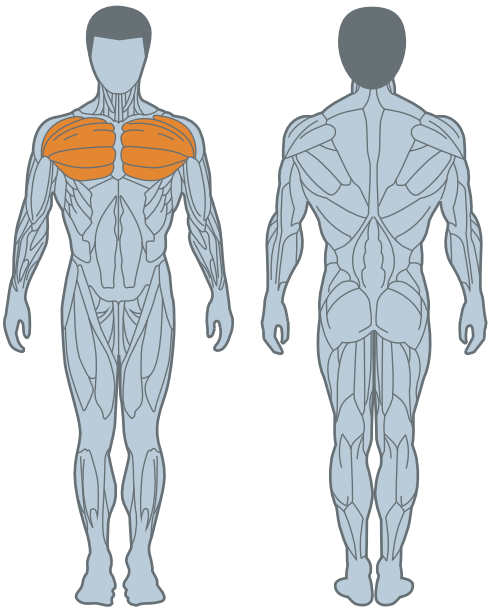

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① Select a resistance level that enables you to perform the movement correctly.

② Adjust seat height so that arms are positioned horizontally elbows at 90° angles against pads.

③ Pull the pads together with your forearms in front of your chest.

④ Avoid excessive arching of the back when bringing arm pads, back to starting position.

⑤ Perform the exercise in a controlled manner. Exhale when pushing against resistance.

CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.